
Sandwiches

WORKSHEET A

Where would we be without the sandwich? Shouldn't we be grateful that at some point in human history someone had the idea of putting food between two pieces of bread? Hasn't there been a moment in your life when you were very hungry but didn't have the time to make or eat a full meal, and a sandwich came to the rescue?

Humans have probably eaten bread together with other types of food for thousands of years. In Europe in the Middle Ages, for example, food was very often eaten on top of a very thick slice of bread, which was used like a plate. When the person had eaten the other food, they would finish by eating the bread or, because the bread was often old and stale, give it to a beggar or throw it into the street for a passing dog.

So, when did people first put two pieces of bread together and eat them together with the meat inside? We're not exactly sure, but the English word "sandwich" comes from an 18th-century British aristocrat, the Earl of Sandwich (a small town in the south-east of the UK). The story is that the Earl loved playing cards, but found that his cards became greasy when he ate pieces of meat with his hands during games – until one day he had the idea of asking his servant to bring him the meat between two slices of bread. The idea caught on, and so did the name.

These days, of course, sandwiches (or their close relative in the Middle East, the gyro) are eaten all around the world, although they tend to be most popular in countries where bread has traditionally been an important part of the national diet. This is certainly the case in the USA, where the sandwich is only one of *many* forms of filling between two pieces of bread: there are also bagels, "subs" or hoagies, "sloppy joes," hot dogs, and hamburgers.

Probably the most popular sandwich in the USA is plain old ham, although the number of different fillings is almost infinite. There are many American sandwich inventions, including the "BLT" or bacon, lettuce, and tomato; the "grilled cheese," which is a fried cheese sandwich; the "Reuben" (corned beef, sauerkraut, and Swiss cheese); the "PBJ" (peanut butter and jelly, usually grape); and the "club sandwich," a double-decker sandwich that uses *three* slices of toasted bread, with turkey on the bottom, and a BLT on the top! In fact, Americans are so in love with the sandwich that they even celebrate "National Sandwich Day" in November, and "National Sandwich Month" in August!

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WORKSHEET B

Exercise 1

Decide whether the following statements are true (T) or false (F), or if the text doesn't determine (D).

1. People started eating bread together with other types of food in the Middle Ages.
2. The Earl of Sandwich's servant was the first person to use the word "sandwich" to describe slices of bread with another kind of food in between them.
3. Americans eat more than three sandwiches per week on average.
4. Ham is one of the most popular sandwich fillings for Americans.
5. A club sandwich is usually filled with chicken, bacon, lettuce, and tomato..
6. Sandwich is the name of a place as well as the name of something you can eat.
7. Bread has traditionally been an important part of the national diet in the USA.
8. The Earl of Sandwich sometimes played cards and ate at the same time.

Exercise 2

Answer the questions below.

1. Why did people in Europe in the Middle Ages sometimes give or throw away the thick slice of bread they used as a plate?
2. What problem did The Earl of Sandwich have when he ate meat with his hands during games of cards?
3. Who brought The Earl of Sandwich his first sandwich?
4. In which countries do sandwiches tend to be most popular?
5. Where is Sandwich?
6. When is National Sandwich Month celebrated in the USA?
7. Where in the world is the gyro very popular?
8. What type of jelly is usually used in a peanut butter and jelly sandwich?

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WORKSHEET C

Exercise 3

The text from Worksheet A has been copied below, but now contains 25 mistakes – can you find and correct them?

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WORKSHEET D

Where would we be without the sandwich? Shouldn't we be (1) **grateful** that at some point in human history someone had the idea of (2) **putting** food between two pieces of bread? Hasn't there been a moment in your life when you were very hungry but didn't have the time to make or eat a full meal, and a sandwich came (3) **to** the rescue?

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